COACH: ALEN STAJCIC		COACH: WARREN MOON	
1. MARK BIRIGHITTI	❑	❑ 2. Scott Neville	
3. LEWIS MILLER	❑	❑ 3. Corey Brown	
4. JOSH NISBET	❑	❑ 5. Tom Aldred	
5. STEFAN NIGRO	❑	❑ 6. Macaulay Gillesphey	
6. GIANNI STENSNESS	❑	❑ 7. Jai Ingham	
7. STEFAN JANKOVIC	❑	❑ 9. Masato Kudo	
8. OLIVER BOZANIC	❑	❑ 10. Riku Danzaki	
10. DANIEL DESILVA	❑	❑ 11. Joseph Champness	
11. JACK CLISBY	❑	❑ 15. Jesse Daley	
12. MARCO UREÑA	❑	❑ 16. Josh Brindell-South	
14. DANIEL BOUMAN	❑	❑ 17. Golgol Mebrahtu	
15. KYE ROWLES	❑	❑ 19. Jack Hingert	
19. MATT SIMON	❑	❑ 21. Jamie Young (GK)	
20. ADAM PEARCE	❑	❑ 23. Dylan Wenzel-Halls	
21. RUON TONGYIK	❑	❑ 25. Rahmat Akbari	
22. MICHAŁ JANOTA	❑	❑ 26. Jay O'Shea	
23. DANIEL HALL	❑	❑ 27. Kai Trewin	
25. MATT HATCH	❑	❑ 29. Jordan Courtney-Perkins	
26. JAYDEN CASELLA	❑	❑ 31. Macklin Freke (GK)	
29. ALOU KUOL	❑	❑ 33. Keegan Jelacic	
30. JORDAN SMYLIE	❑	❑ 34. Alex Parsons	
32. MAX BALARD	❑	❑ 77. Scott McDonald	

OFFICIAL CENTRAL COAST MARINERS MATCHDAY PROGRAMME 2020.21

The Loose Cannon

CENTRAL COAST MARINERS

BRISBANE ROAR FC

WED 28 APR 2021
KO: 7.05PM

ISSUE: 101

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FROM THE COACH

We're back at home again after a short turnaround from a great game against Sydney FC.

Saturday was such a great spectacle, on a club level but also an A-League level. I said post-match that the A-League felt alive on Saturday night with the atmosphere you all created and with the quality of the match, and I hope we can see more of that.

Tonight we welcome Brisbane to the Coast, and should be in for another excellent match. There is plenty of history between the two clubs and it's always a spectacle when both teams are doing well.

This is a crucial match for our season as we get set for five matches on the road after this one, and with both teams in the mix for finals.

We're all looking forward to another big crowd tonight as we push into the final stretch of the campaign!

ALEN STAJCIC
Head Coach

Kids Korner

WORD SEARCH

Find the 11 A-League stadiums in the grid below. As usual we've given you one to start off, good luck.

Words are may be placed forwards, backwards, up, down and diagonally

S	O	E	B	G	D	O	L	P	H	I	N	N	A
E	M	N	U	A	O	A	A	M	I	P	A	R	K
N	S	L	N	N	L	T	J	N	R	W	A	E	B
O	G	L	O	M	N	L	E	V	R	A	M	H	I
J	E	E	O	N	P	T	E	H	T	A	M	L	D
D	C	O	O	P	E	R	S	R	R	C	A	C	T
L	E	C	A	M	P	B	E	L	L	T	O	W	N
A	D	C	A	P	T	S	E	W	N	T	H	S	U
N	I	G	M	H	B	A	T	O	S	M	C	A	L
O	B	E	E	L	I	B	U	J	L	L	A	I	E
D	N	C	M	F	L	K	R	A	P	F	B	H	C
C	E	N	T	R	A	L	C	O	A	S	T	W	M
M	B	A	N	K	W	E	S	T	C	T	T	H	S
P	H	W	E	B	E	E	O	E	K	E	V	M	P

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BANKWEST
CAMPBELLTOWN
CENTRAL COAST
COOPERS
DOLPHIN
~~GMHBA~~
HBF PARK
JUBILEE
MARVEL
MCDONALD JONES
WESTPAC

WHO AM I?

Can you identify this former Mariners player from these clues? Answer on Page 13.

1. I started my senior career playing in the ACT Premier League.
2. My first game as a Mariner was on January 21 2012 v Adelaide Utd.
3. I won back-to-back Cup Finals against the same opposition. Scoring the opener in a 3-0 win in 2016 and an extra-time winner in 2017.

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NICKNAMES

Can you identify these English football teams from their animal nicknames?

1. MAGPIES

2. FOXES

3. BANTAMS

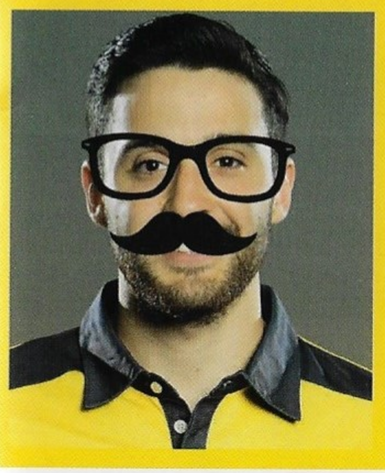
4. TIGERS

5. OWLS

6. CANARIES

WHO'S THE PLAYER

Can you guess the current player under the disguise?



WORD SCRAMBLE

Unscramble the words below to reveal the names of 6 Scottish Football teams.

1. SRTHAE _____
2. NRARGSE _____
3. MILHANOT _____
4. NEBAREDE _____
5. OSRS NTOCUY _____
6. TMOHWELERL _____

Answers on Page 13

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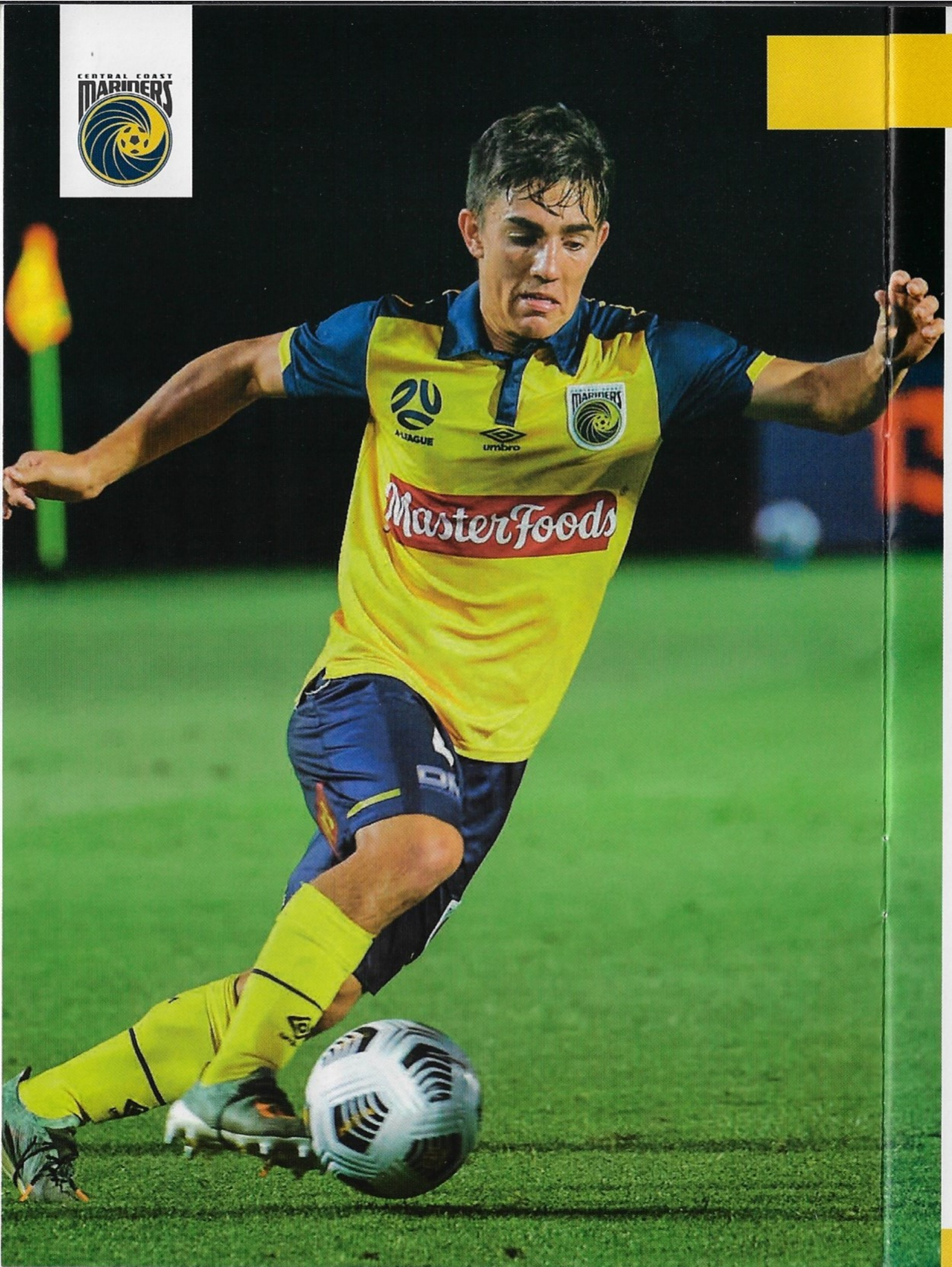

NPL SUCCESS STORY

Midfielder Josh Nisbet arrived on the Coast to pursue a career in football, something he has wanted to do since a very young age.

"All I wanted to do was play football", Nisbet said.

"I remember when I was four years old, I wrote that I wanted to be a footballer when I grew up, and that's been the focus ever since."

Rejected by many for his size alone, Nisbet was always confident his ability could get him to the big leagues. With that in mind, he headed to Gosford to join up with the NPL squad.

"When I first came to the Mariners I joined the U18's squad. From day one the ambition was to always develop as many players as they could to get them into the first team", said Nisbet.

"We're now getting more people coming through and it's a positive for the fans as well as the players themselves.

"We've got so many quality players coming through the Mariners and I'm glad I got the opportunity I deserved, and I hope to follow in the footsteps of those who have come through before me."

After winning the NPL2 competition last year in both the U20's and first grade, the strong crop of youngsters coming through the ranks is clear to see. This season alone has seen local boy Matt Hatch score the fastest ever goal from a debutant, the assertiveness and swagger of Alou Kuol, and local boy Matt Cahill seeing success overseas in Hong Kong.

"I REMEMBER WHEN I WAS FOUR YEARS OLD, I WROTE THAT I WANTED TO BE A FOOTBALLER WHEN I GREW UP"

By Cameron Smith

It speaks volumes that youth players like Nisbet, Kuol, and Hatch among others have quickly become fan favourites in the Yellow and Navy.

"Being a bit smaller gets me a bit more attention than other people because it's a lot easier to identify me", said Nisbet.

"It's always lovely to have fans and people say nice things to you.

"It took my parents by surprise when they visited the other week to hear all the kids singing my name but they love it.

"I think it's both rewarding for the club to know that the youth players are getting the opportunity and are liked by the fans, and for the fans it's always good to have players start their career here and do well."

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IMPORTANCE OF 'WARMUPS'

I am often asked whether 'warmups' are useful or not in sport. The short answer is yes, but it depends on what the make of the warmup program looks like.

Historically, a football warm up consisted of a jog around the oval, followed by some stretching. This was not shown to be effective, so researchers pulled together several programs to see what could reduce the risk of injuries in football.

From this research, the **FIFA 11+** was developed. The **FIFA11+** combines strength, agility and balance exercises in a simple program, with varying levels of difficulty. This program has been shown to reduce the risk of injuries by up to 70%. Of note, the risk of adolescent girls sustaining Anterior Cruciate Ligament (ACL) injury reduces by 50%.

So, what is the program? It consists of three parts with a total of 15 exercises that are to be completed in a specific order. Best of all, this program is free and widely available on the internet.

Part 1: *Slow-speed running exercises paired with active stretching and partner work.*

Part 2: *Core and leg strength exercises, along with balance, plyometrics, and agility exercises.*

Part 3: *Moderate/high speed running exercises integrated with cutting and pivoting movements.*

Ideally, this program should be completed at least twice a week, but ideally will be completed every training session. The important thing here is compliance – football players who complete the program the most, have the lowest risk of injury.

There is also a version directed specifically at children under 14 years – the **FIFA11+** Kids.

For more information, search for **FIFA11+**.

Dave McGinness, Club Physiotherapist
Central Coast Mariners

14

DANIEL BOUMAN

Photography: Glenn Pokorny

OFF THE PITCH WITH HAYLEY ROUTLEY

MAKING HIS MARC-O ON THE COAST

Marco Ureña has certainly been a great addition for the Mariners, but has Australia left a Mark on Marco? We caught up with him to find out!

You have played in many leagues around the world including the Russian Premier League, Danish Superliga, MLS, and K League. How does the A League compare?

The football level is good and competitive. There are a lot of young players in the league but they're really good. I really enjoy what I have seen so far.

You also have national team experience for Costa Rica. Have you been able to impart some of this 'big stage' experience on the younger players?

This is the reason I am here. Before I arrived, I spoke with the coach and the reason they wanted me to come is because I have a lot of experience. The way for them to learn the best is through your own actions. I can be nice but if I don't show them something on the field, they're not going to believe what I say. We have really good boys who want to learn. It's easy when you have this mentality in the group.

How are your wife, Ana and twin sons, Mariano and Emiliano enjoying the Coast?

I spent the year before I came here without my family because of COVID, so we made the decision to come to a club who understands that I want to be with my family. When you are playing football, you want to be relaxed, that's why you need your family close to you, especially when you have kids.

I didn't know anything about Australia but I had many friends tell me that it's a very beautiful country. I'm enjoying living on the Coast and everything the club has given me; it's definitely a family club.

Can you tell us about your amazing tattoo that documents some of your career highlights?

It has the four World Cups (WC) I played in; The cherry blossoms represent the 2007 South Korean under-17s WC, the pyramids are for the 2009 Egypt under-20s WC, Christ the Redeemer for the 2014 Brazil WC, and St Basils Cathedral for the 2018 Russia WC. The belt buckle is for my time in Denmark. The clock represents my twins' birth and the angel wings are for my wife. There is also St Michael to represent my Catholic beliefs, so it really is my whole life in a picture.

If you were to add to your tattoo with an Australian tribute, what would you get?

What we really love here is the koalas because they are so different to anything I've ever seen. So maybe a koala with the Opera House behind it.

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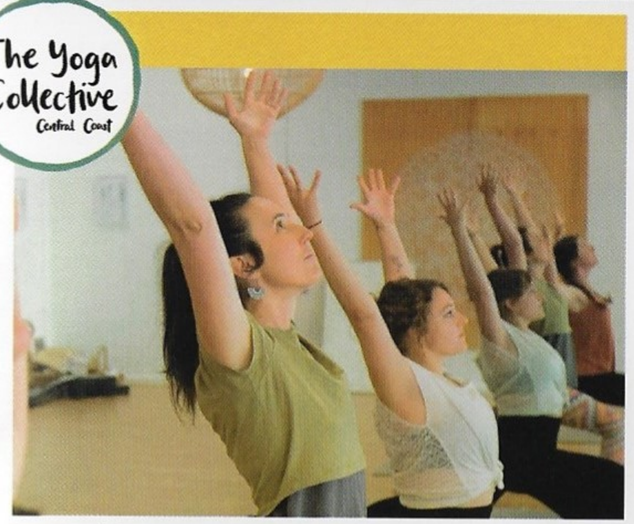

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Kids Korner answers: **WHO AM I?** Tom Rogic | NICKNAMES: 1. Newcastle Utd/Notts County (Magpies), 2. Leicester City (Foxes),3. Bradford City (Bantams), 4. Hull City (Tigers), 5. Sheffield Wednesday (Owls), 6. Norwich City (Canaries) | **WHO'S THE PLAYER?**: Stefan Nigro | **WORD SCRAMBLE**: 1. HEARTS 2. RANGERS 3. HAMILTON 4. ABERDEEN 5. ROSS COUNTY 6. MOTHERWELL

CENTRAL COAST MARINERS OFFICIAL SUPPORTERS CLUB

The Crew

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REMEMBER TO VOTE!

Our POTY (Player of the Year), voted for by our members after each game, results in an award presented by the OSC to the winner. Past winners have included some illustrious names!

Every vote cast by a paid up member this season earns one entry into a draw to win the signed jersey of the eventual winner. This is a great chance to win the signed jersey of our season's best, as voted by our members, and you can influence the odds of winning simply by voting after each game!

Please feel free to come and say hi at our marquee on Dane Drive before each weekend home game, or alternatively, visit our website **www.ccmosc.com.au**

GO THE MARINERS!

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FROM THE MARINERS VAULTS

DATELINE

1ST NOVEMBER 2004

THE BEGINNING-First coach and signing.

On 1st November 2004, the Central Coast Mariners were confirmed as successful entrants into the newly formed A-League Competition. Lawrie McKinna was appointed as the club's first Head Coach and shortly after, Damien Brown (pictured) - a Bateau Bay local would come on board as the club's first official signing kick-starting a long standing tradition of the Mariners promoting local talent.

26TH AUGUST 2005

HISTORY MAKING ROUND-1st Match, 1st goal and 1st victory.

On this day the Mariners travelled over to Perth to take part in the first official round of the inaugural Hyundai A-League season. The Clubs first Captain Noel Spencer, (pictured) would end up being the difference on the night scoring a long range strike to secure a historic 1-0 victory and cement his place in Mariners folklore.

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ACADEMY ROUND UP

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NPL2 MENS - RD 8

First Grade:

MARINERS 0 Hakoah Sydney City East 2

Under 20:

MARINERS 0 Hakoah Sydney City East 0

YOUTH BOYS - RD 7

U13's:

MARINERS 1 St George FC 0
(Fynn Sadler)

U14's:

MARINERS 5 St George FC 0
(Nicholas Fowler 2, Koby Bailey, Flynn Richards & Kirby Wilding)

U15's:

MARINERS 1 St George FC 0
(Caylan Law)

U16's:

MARINERS 6 St George FC 2
(Jerome Abrahams 2, Ethan Debono 2, Bailey Brandtman & Taye Hedley)

UPCOMING HOME FIXTURES

Games played at Pluim Park 1, Lisarow

02/05 St George (H) 3pm
30/05 Mounties Wanderers (H) 3pm
13/06 SD Raiders (H) 3pm
20/06 NWS Spirit (H) 3pm
27/06 Hills Utd (H) 3pm
11/07 Hakoah Sydney City East (H) 3pm
25/07 St George City (H) 3pm
01/08 Bonnyrigg White Eagles (H) 3pm

U18's:

MARINERS 3 St George FC 2
(Garang Kuol 2 & Aidan Milicevic)

NPL2 WOMEN

First Grade:

MARINERS 1 SD Raiders 3
(Emily Diaz)

Reserve Grade:

MARINERS 1 SD Raiders 2
(Lily McMahon)

U14's:

MARINERS 2 SD Raiders 3
(Claire Denning & Eliza Familton)

U15's:

MARINERS 1 SD Raiders 2
(Savannah Lalor)

U17's:

MARINERS 4 SD Raiders 0
(Olivia Cartwright, Emily Garrett, Skye Parkes & Trinity Smith)

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SEASON 2020.21

DECEMBER						
H	THU	31	NEWCASTLE JETS	1-0	KUOL
JANUARY						
A	SUN	3	MACARTHUR FC	2-0	DESILVA, SMYLIE
H	TUE	19	WS WANDERERS	0-1	
A	FRI	22	SYDNEY FC	2-0	WARLAND (OG), KUOL
H	SUN	31	WELL. PHOENIX	1-2	KUOL
FEBRUARY						
H	WED	3	MELBOURNE CITY	3-2	CASELLA, SIMON (P), DESILVA
H	SUN	7	WESTERN UTD	3-2	SIMON, KUOL (2)
A	SUN	14	WELLINGTON	2-0	SIMON, BOZANIC (P)
A	FRI	19	ADELAIDE UTD	2-3	DESILVA, KUOL
MARCH						
A	TUE	2	PERTH GLORY	2-1	SIMON, UREÑA
H	MON	8	MACARTHUR FC	2-0	SIMON, HATCH
H	SUN	14	PERTH GLORY	2-2	UREÑA, SIMON (P)
A	MON	22	MELBOURNE CITY	0-2	
H	SAT	27	MELB. VICTORY	1-1	UREÑA
APRIL						
H	THU	1	ADELAIDE UTD	2-1	BOZANIC, KUOL
A	TUE	6	WS WANDERERS	2-2	SIMON, BOZANIC (P)
A	SAT	17	WESTERN UTD	0-1	
H	SAT	24	SYDNEY FC	2-2	UREÑA, SIMON
H	WED	28	BRISBANE ROAR		
MAY						
A	SUN	2	MELB. VICTORY		
A	WED	12	BRISBANE ROAR		
A	SAT	15	NEWCATLE JETS		
A	SAT	22	MELBOURNE CITY		
A	THU	27	MACARTHUR FC		
JUNE						
H	TUE	1	NEWCASTLE JETS		
H	SAT	5	WESTERN UTD		

A-LEAGUE LADDER 2020.21

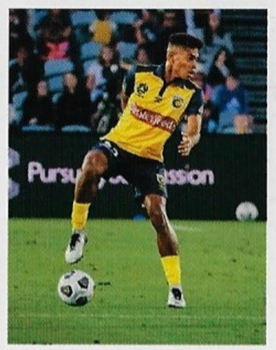
	P	W	D	L	GF	GA	PTS
Melbourne City	17	10	2	5	39	19	32
CC MARINERS	18	9	4	5	29	22	31
Adelaide Utd	17	9	3	5	31	27	30
Sydney FC	18	7	7	4	25	18	28
Macarthur FC	19	8	4	7	24	27	28
WS Wanderers	19	6	7	6	31	31	25
Western Utd	16	7	3	6	25	23	24
Brisbane Roar	15	6	5	4	21	17	23
Wellington Phoenix	18	6	4	8	30	28	22
Perth Glory	16	5	3	8	26	32	18
Melbourne Victory	17	4	2	11	20	46	14
Newcastle Jets	18	3	4	11	16	27	13

A-LEAGUE **LAST MATCH:**

SAT 24 APRIL 2021 | CENTRAL COAST STADIUM

MARINERS 2 SYDNEY FC 2

UREÑA 6', SIMON 41' — NINKOVIĆ 45+2', BUHAGIAR 83'



Images: Glenn Pokorny

A-LEAGUE **NEXT HOME MATCH:**

TUE 1 JUNE | KO: 7.05PM

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SAT 15 MAY | KO: 7.10PM
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